

## Renton Rowing Center | 2023 Youth Fall Season



### PROGRAM OVERVIEW & EXPECTATIONS

High School Fall season dates: **September 5th - December 22nd**

Middle School Fall season dates: **September 12th - November 30th**

There will be no practice on **November 23rd & 24th** in observance of the Thanksgiving holiday.

Our programs incorporate a mix of on-water rowing, weight training, erging, cross training, team building, and more. Middle School programs will be fun-focused, emphasizing the basics of the stroke, teamwork, and communication. Our High School programs will be gradually geared more towards skill development and physical fitness, depending on experience. We have need-based financial aid available through the GPRF, which you can apply for via our website or the [GPRF website](#). GPRF scholarships are available in partial and full increments, and apply to the awardee's seasonal rowing dues, as well as any competition fees or uniform costs.

As rowing lineups are typically planned by coaches ahead of time, all athletes are expected to show up on time on their designated days of practice. Any absences must be communicated to a coach at least 1 hour prior to the start of practice. We are in full support of taking time off for illness, school commitments, and mental health reasons, and we encourage our athletes to be open and honest with their coaches with their needs as individuals.

Program Name	Days/Times	Program Description
High School	<b>Monday - Friday</b> <b>4:00pm - 6:15pm</b>  9/5 - 12/22  Cost: \$1,200 (\$75/week)	Our High School programs are focused on specialized skill development and long term success in the sport. We offer developmentally appropriate competitive opportunities for High School athletes, as well as resources and support for athletes interested in collegiate participation. We believe in a process-oriented approach to help our athletes of all skill and ability levels improve every single day. Open to athletes in grades 9-12, no experience necessary.
Middle School	<b>Tuesday / Thursday</b> <b>4:15pm - 6:15pm</b>  9/12 - 11/30  Cost: \$450 (\$37.50/week)	Our Middle School program teaches the fundamentals of rowing, with emphasis on the fun! This program is designed to instruct young athletes on the basics of rowing and foster a positive social environment. On-water rowing time will be balanced with games, team building, and land training. Open to athletes in grades 6-8, no experience necessary.

## ATTENDANCE POLICY

All athletes are expected to show up on time on their designated days of practice. We are in full support of taking time off for illness, academic commitments, and family emergencies. In return, we ask that athletes or a family member notify the coaches of any absences well ahead of time, and only miss practice when absolutely necessary.

When it comes to illness, athletes should not attend practice if they are not well enough to attend school, or if they develop a fever or vomiting. Similarly, we expect athletes to be at practice if they are well enough to attend school. Athletes should notify a coach if they will not be in attendance due to illness no later than 10am the day of practice.

If missing practice due to a pre-planned vacation or other time off, athletes should notify a coach of their absence and their anticipated return date at least 2 days prior to departure. Athletes are welcome to notify staff weeks or months in advance if that is helpful to them.

Out of fairness for the athletes on our waitlist, we require High School athletes to attend a minimum of 3 days per week. High School athletes who intend to participate in competition are expected to attend 5 days per week – this is standard across the board for youth rowing programs, and is the minimum commitment required to have a fair shot in a competitive setting in the sport of rowing. Any High School athletes electing not to attend the full 5 days per week must communicate a set schedule on their registration form, and should note that they may not be eligible for competition.

## COMPETITION

Research shows that developmentally appropriate competition against crews similar in age and skill level is a healthy way for athletes to develop their abilities and confidence. All High School athletes have the opportunity to participate in skill-appropriate competitions **if they attend a minimum of 80% of scheduled practices**. We know that life gets in the way, and athletes will need to miss the occasional practice due to illness or other responsibilities outside of the boathouse. We believe the 80% attendance minimum benchmark accounts for these circumstances, while still being fair to the rest of the team's commitment and your athlete's opportunity to succeed on the race course.

Because Middle School age-specific events are not typically offered at regattas, we limit the competitive options for our younger athletes to informal events that offer the greatest learning opportunities. Scrimmages may be available throughout the season and will be communicated in advance.

Racing line-ups will be based on a combination of factors, including but not limited to technique, fitness, attendance, commitment, and team culture contribution. Line-ups will be selected at the discretion of the coaches. Based on the events offered and capacity for entries, some regattas are limited to select groups of athletes.

Fall racing is characterized by regattas called “head races,” which are longer in length and demand more cardiovascular fitness. Head races are typically between 4,000 and 6,000 meters in length, or roughly 2.5 - 3.75 miles long. Head race courses often contain multiple turns around corners or landmarks, and can take anywhere between 15 - 30 minutes to complete, based on the length of the race and speed of the crew.

Below is a **draft** regatta schedule for the High School Spring season. Please be aware that races are always subject to schedule changes/cancellations; fees may still apply in these instances. If your athlete is on a GPRF Scholarship, your financial aid applies to competition dues. Costs will be dependent on a number of factors, including:

- Number of athletes participating
- Coaching staff hours required for onsite support
- Entry fees, which vary by regatta
- Trailering fees (gas, staff wages for driving hours)

<b>Regatta</b>	<b>Date and Location</b>	<b>Estimated Cost</b>
Pink Ribbon Row ( <b>selected experienced athletes</b> )	Sunday, September 17 - Seattle, WA	\$55 - \$70/athlete
Tail of the Lake	Sunday, October 1 - Seattle, WA	\$85 - \$100/athlete
Head & Tail of the Gorge* ( <b>selected experienced athletes</b> )	Friday, October 13-Sunday, October 15 - Victoria, BC	\$650 - \$750/athlete (inc. transportation & lodging)
Head of the Bull Trout	Saturday, October 28 - Lake Stevens, WA	\$70 - \$85/athlete
Head of the Lake	Sunday, November 5 - Seattle, WA	\$75 - \$90/athlete

*\* travel required, athlete transportation provided*

## **COMMUNICATION**

Important updates regarding any upcoming races, practice cancellations or schedule adjustments, and other youth team news will be communicated via email to the email

addresses provided on your TeamSnap registration. Parents are also encouraged to use the RRC Youth Families Slack channel as a resource, particularly with questions for other parents or for the coaches at regattas. Parents will receive a Slack invitation prior to the start of the season.

High School athletes will be invited to participate in the RRC Coaches and Athletes Slack channel, where they can communicate as a group with coaches and other teammates. High School athletes are expected to use the Slack channel to communicate any absences or late arrivals. Parents of Middle School athletes can communicate any absences or late arrivals for their athlete via the Slack channel, or by emailing/calling a coach directly. The Executive Director is your point of contact for registration or high-level program questions and concerns—please direct any attendance notifications to coaches only. Please avoid texting our staff unless you do not have access to other means of communication.

Per SafeSport policy, athletes should not communicate one-on-one with coaches digitally or privately in person. Another staff member, parent, or other SafeSport trained adult should always be included on any digital communications. When holding meetings with individual athletes, coaches will always have another staff member and/or parent present.

## **DATA TRACKING & ATHLETE WEIGH-INS**

In order to track each athlete's progress, our coaches periodically measure fitness data points, particularly around erg testing, running, and other fitness trackers. While these metrics are not the full picture of an athlete's fitness and ability, it provides helpful information for our coaching staff to make informed decisions about line-ups, training plans, and how to best serve the team as a whole.

Athletes and parents should also be aware that our coaching staff will occasionally conduct athlete weigh-ins for athletes in the High School program. These weigh-ins are purely to calculate the efficiency of an individual athlete on the erg or in the boat, and will not be shared to anyone outside the coaching staff. Weights are displayed on a monitor visible to coaches only, and recorded in kilograms. Athletes will be weighed in by a coach who most closely matches the athlete's gender. Athletes are welcome to opt out of weigh-ins at any point, keeping in mind that this may limit their coaches' ability to get a full picture of them and their athletic progress.

## **REFUND/PRORATING POLICY**

If your athlete will only be able to attend 3 sessions per week, we are happy to prorate your seasonal fees accordingly. These fees are prorated on the condition that athletes will attend on a consistent weekly schedule.

Full refunds can be issued if cancellations are requested within the first two weeks of the season. After the first two weeks, we can issue a 50% refund through the first four weeks. No refunds will be issued after four weeks.

## **SAFESPORT POLICY**

All of our staff members and volunteers have successfully completed the SafeSport training. Per USRowing rules, we also require all current Adult RRC members to complete their SafeSport training. Any youth athletes over the age of 18 will be required to complete the same Adult SafeSport training. USRowing adopted SafeSport policies in 2013 to help eliminate any forms of sexual misconduct, emotional misconduct, physical misconduct, bullying, harassment and hazing in the sport of rowing. To learn more about USRowing's SafeSport policies, reporting procedures, and training methods, visit [USRowing.org/SafeSport](https://www.usrowing.org/SafeSport)

## **FORMS & WAIVERS**

Listed below are all the forms and waivers required for our youth athletes. Athletes must have **all forms on file** in order to participate in any programs. These forms are available on our [website](#).

- Float Test - can be completed at any local pool by supervision of a lifeguard
- Medical Release & History
- RRC Waiver

## **CONTACTS**

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## FREQUENTLY ASKED QUESTIONS

- ***What should I wear to practice?***

Athletes should wear snug-fitting clothes that are preferably moisture-wicking. Spandex and sport-tek materials and similar materials work best. Avoid overly loose or baggy clothing, as these clothes are likely to get caught in the equipment as you row. Also try to avoid anything that impedes your range of motion, like denim and other restrictive materials. [JL Racing](#) offers great rowing-specific options, and athletic brands like Nike and Adidas are good catch-all brands for the type of clothing rowers can wear.

- ***What should I bring with me to practice?***

Your one critical piece of equipment is your water bottle! Make sure to bring this every day. To be further prepared, try to bring extra layers to row in, as your clothes may get wet or it may be colder than you anticipated on the water.

- ***What types of shoes should I wear?***

When rowing, you will remove your shoes and strap in to the built-in shoes in the boat. However, on land days or in the event of bad weather, we may be running or doing other physical activities that require adequate footwear. In other words, please always bring a set of appropriate athletic sneakers, even if you don't arrive wearing them.

- ***When should I arrive to practice?***

We encourage athletes to arrive at least ten minutes before practice officially begins. You should be dressed and ready to work out when you arrive so that we can maximize our practice time.

- ***I'm a parent of an RRC athlete. Can I watch my athlete practice?***

We do not currently permit parents to ride along on the coaches launch, which is the only guaranteed way to get a view of your athlete rowing since we row in different directions for different distances every day. However, if your athlete is participating in competition, we will communicate areas to spectate from ahead of time.

- ***Do you have uniforms?***

Yes! Uniform and gear options will be available for purchase in late summer and winter, to arrive in time for each respective racing season. Athletes may compete in either a Uni or a Racing Tank. Athletes who require financial assistance are encouraged to apply for financial aid through the [George Pocock Rowing Foundation](#).

- ***Can I bring a friend to practice?***

We have an open door policy at RRC, and we welcome age-appropriate guests to attend with advance notice. Guests may attend for free for 1 session, and will need to have their waivers and forms completed upon arrival to practice.